**EO M121.03 – COIL AND HEAVE A LINE**

1. **Performance:** Coil and Heave a Line

2. **Conditions:**

   a. Given:

      (1) Heaving line,

      (2) Supervision, and

      (3) Assistance as required.

   b. Denied: Nil.

   c. Environmental: Classroom or training area large enough to accommodate the entire group.

3. **Standard:** The cadet shall coil and heave a line, to include:

   a. describing the characteristics of a heaving line;

   b. tying a heaving knot on a heaving line; and

   c. coiling and throwing a heaving line.

4. **Teaching Points:**

| TP | Description | Method | Time | Refs |
|---|---|---|---|---|
| TP1 | Describe the characteristics and uses of a heaving line. | Interactive Lecture | 5 min | C1-003 (pp. 124, 165 and 158) |
| TP2 | Explain, demonstrate and have the cadets coil a line. | Demonstration and Performance | 15 min | C1-003 (p. 119) |
| TP3 | Explain, demonstrate and have the cadets tie a heaving knot and throw a heaving line. | Demonstration and Performance | 30 min | C1-003 (p. 165) |

5. **Time:**

   a. Introduction / Conclusion: 10 min

   b. Interactive Lecture: 5 min

   c. Demonstration and Performance: 45 min

   d. Total: 60 min

6. **Substantiation:**

   a. An interactive lecture was chosen for TP 1 to introduce the cadets to coiling and heaving a line.

   b. A demonstration and performance was chosen for TPs 2 and 3 as it allows the instructor to explain and demonstrate the skill the cadets are expected to acquire while providing an opportunity for the cadets to practice the skill under supervision.



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7. **References:** C1-003 ISBN 11-770973-5 (1972). *Admiralty Manual of Seamanship 1964 Volume 1*. London, England: Her Majesty's Stationery Office.

8. **Training Aids:**

   a. Presentation aids (eg, whiteboard / flipchart / OHP / multimedia projector) appropriate for classroom / training area,

   b. OHP transparency of a heaving knot,

   c. OHP transparency of the steps to heaving a line,

   d. Heaving line (one per five cadets),

   e. Completed examples of a heaving knot, and

   f. Targets.

9. **Learning Aids:** Heaving line (one per five cadets).

10. **Test Details:** N/A

11. **Remarks:** Nil.



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